

Hallo Everyone

Is May your favourite month here in the PO? More blue skies and sunshine with warmer weather and nature at its best, especially after the welcome rains of March and April.

DROP-INS this month

Wednesday 7th May Bar Le Pablo Céret 10.30

Come along for a coffee and a chat. There will be paperbacks to exchange and some friendly faces. With luck and sunshine we shall be outside again.

Monday 19th May Café des Artistes Laroque 10.30

Come and have a browse through our large selection of paperbacks. Any books you bring along for exchange will be gratefully received. Sorry, but we cannot take hardbacks or non-fiction. Bring a friend and stay for a coffee.

EVENTS in May

Wednesday 21st May Garden visit Fuilla 10.15

We are invited to an Open Garden event in Fuilla (near Prades/Villefranche), which will also include our host's talk on their forest project. This replaces the usual gathering in Prades. This is a wonderful opportunity to visit a private paradise in the tiny village of Fuilla (just uphill from Prades). There will be cake and light refreshments. For precise directions please email

jill.merriam@yahoo.com

PAST EVENTS

CSF Walk for Life was held in pretty Caixas on the 24th April under brilliant blue skies in perfect Spring weather for this annual **Activity for Life** event. Around 50 people attended - with 38 taking part in either one of the two walks (8 or 5 kilometres) or a friendly game of petanque. All enjoyed sampling the delicious cakes and savouries, profited from the Tombola, bought books, greeting cards or local art. Thanks to the generosity of all, funds were raised to help with the ongoing training of CSF Sud de France Active Listeners and give to a donation to La Ligue Contra le Cancer, whose research is important to all cancer patients here. A special thanks to the Maire and the people of Caixas for their welcome.

LOOKING AHEAD

In **September** a Tea Time Quiz ,with tea, cake and champagne, is in the planning stage, with various venues being considered. More details in the next newsletter.

AL Supporters needed

All our Active Listeners have a supporter who provides a balance of encouragement and challenge. Meeting every six weeks or so, usually by telephone, they allow the AL to share any concerns about their client work and to practise their listening skills. Supporters are either experienced ALs or others from a relevant professional background with a good grounding in what CSF is about. They support their colleagues, helping them to achieve they best they can for CSF clients.

If you would like to know more then please contact Penny at sud-penny@cancersupportfrance.org

Lynn

Please remember that if anyone is struggling or needing help, the CSF telephone (0800 240 200) and email helplines are always open. We are there for everyone needing assistance at this time, as well as those affected by cancer. There is also a lot of information on our website : <https://cancersupportfrance.org>

If you no longer wish to receive this Newsletter, please contact:
sud-po@cancersupportfrance.org. Your name and email address will be removed from our mailing list.